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УЧЕБНО-МЕТОДИЧЕСКОЕ ПОСОБИЕ

для самостоятельной работы студентов медико-профилактических факультетов медицинских университетов и колледжей

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Предисловие

Учебно-методическое пособие предназначено для студентов 1 курса медико-профилактического факультета. Цель настоящего пособия – развитие навыков чтения и понимания текстов медицинской направленности на английском языке.

Пособие включает 10 научно-популярных текстов, каждый из которых нацелен на формирование у студентов навыков иноязычной коммуникации.

Работа над текстами, выполнение заданий позволяет студентам систематизировать грамматический и лексический минимум по таким темам как «История медицины», «Эпидемиология», «Здоровый образ жизни», а также расширить свой словарный запас разнообразными лексическими единицами и структурами, наиболее типичными для специальности «Медико-профилактическое дело».

Введение

Учебно-методическое пособие составлено в соответствии с требованиями Федерального образовательного стандарта 3 – го поколения и ставит целью обеспечить профессиональную направленность в обучении иностранному языку студентов медико-профилактических факультетов, подготовить их к чтению научной литературы по специальности, развить умения беспереводного чтения и понимания специальной литературы.

При подборе текстов учитывалась их профессионально-практическая значимость, поэтому они носят как обучающий, так и информативный характер. К каждому тексту даются задания, предусматривающие многократное обращение к тексту, что способствует его лучшему пониманию и закреплению навыков чтения. Предложенные упражнения способствуют выработке у студентов активного поискового характера восприятия письменной речи, а также формирует внимание к языковым средствам текста.

Оглавление

Unit 1. HEALTH AND DEVELOPMENT IN THE 90s (PART 1)…………….3

Unit 2. HEALTH AND DEVELOPMENT IN THE 90s (PART 2) ……………5

Unit 3. USEFULNESS OF YOGA (PART 1) ………………………………….7

Unit 4. USEFULNESS OF YOGA (PART 2) ………………………………….9

Unit 5. HYPERTENSION …………………………………………………….11

Unit 6. HIV AND AIDS AMONG NORTH AMERICAN WOMEN

(PART 1) ……………………………………………………………………..13

Unit 7. HIV AND AIDS AMONG NORTH AMERICAN WOMEN

(PART 2) ……………………………………………………………………..15

Unit 8. DISASTER EPIDEMIOLOGY ………………………………………17

Unit 9. HEALTHY FOOD ……………………………………………………20

Unit 10. HIPPOCRATES – “THE FATHER OF MEDICINE” ……………...23

Список литературы…………………………………………………………..37

Unit 1.

**HEALTH AND DEVELOPMENT IN THE 90s (PART 1)**

NEW WORDS

mortality – смертность

life expectancy – продолжительность жизни

gain – выигрыш, победа (перен.)

to target – быть мишенью

to deteriorate – ухудшаться

threat – угроза

to be aware of – сознавать

In the 90s the world medicine has made great progress in some fields of the protection of human health. Significant improvements in health status, as defined by such indicators as infant mortality rate, life expectancy at birth and birth weight, have been noted. The gap in infant mortality rates between the developing countries as a whole and developed countries has narrowed. Reductions in infant mortality and increases in life expectancy seem to be associated with major gains against vaccine-preventable diseases, primarily targeted during infancy and early childhood.

But along with achievements in some spheres of world medicine it still faces a number of problems. There is a rise in tropical diseases: cholera has spread to the Americas for the first time during the 20th century; yellow fever and dengue epidemics are affecting increased numbers of people, the malaria situation has deteriorated, leishmaniasis and non-venereal endemic syphilis are increasing.

Pulmonary tuberculosis is on the increase, partly because of HIV co-infection. Pneumonia and hepatitis B remain serious threats. The AIDS pandemic is spreading globally and rapidly becoming the most serious threat to human existence. WHO estimates that 8-10 million adults may currently be infected with the human immunodeficiency virus. More than half of them will develop AIDS within ten years, and most will die. The international community is acutely aware of the problem of the spread of drug abuse, especially among young people, with its threat of destroying their future lives. The link between HIV transmission among injecting drug users and the spread of AIDS is well established.

1. Answer the following questions:
2. In what fields has the world medicine made great progress?
3. What is reduction in infant mortality and increases in life expectancy associated with?
4. What problems does the world medicine face?
5. What diseases remain a serious threat?
6. What problem is the international community acutely aware of?
7. Match the word combination and its translation:

|  |  |
| --- | --- |
| 1. health status 2. infant mortality 3. life expectancy 4. human existence 5. international community | 1. продолжительность жизни 2. международное сообщество 3. рождаемость 4. состояние здоровья 5. младенческая смерть |

1. Open the brackets, use the correct form of the verb:
2. There (to be) a rise in tropical diseases.
3. More than half of them (to develop) AIDS within ten years.
4. Reductions in infant mortality (to be associated) with gains against vaccine preventable diseases.
5. Pneumonia and Hepatitis B (to remain) serious threats.
6. Translate the sentences into English:
7. Разрыв в показателях уровня детской смертности между развивающимися и развитыми странами сократился.
8. Снижение смертности и повышение рождаемости связано с вакцинацией против некоторых детских инфекций.
9. Международное сообщество очень озабочено проблемой распространения наркомании.

Unit 2.

**HEALTH AND DEVELOPMENT IN THE 90TH (PART 2)**

NEW WORDS

communicable (syn. catching, infectious) – заразный

blindness – слепота

suicide – самоубийство

to be on the wane – убывать

global warming – глобальное потепление

pollution – загрязнение

accident – несчастный случай

Chronic non-communicable diseases are becoming more widespread, especially in the developing world, where the number of cancer cases is higher than in the developed countries. Lung cancer has overtaken breast cancer among females in some developed countries owing to the spread of smoking women.

Diabetes is increasing everywhere. Blindness, especially that is caused by cataract, is more common than previously. Alcohol-related diseases are on the rise, especially in developing countries, as are mental health problems and suicide, particularly in the developing countries.

Thanks to health education cardiovascular diseases are on the wane in developed countries, except in Eastern Europe, and in some developed countries the incidence of lung cancer has decreased in males since the number of smokers among them began to decline.

Over the last decades a number of environmental threats to health has become more prominent. Some, like global warming, the depletion of the ozone layer or the destruction of ecosystems, appear to pose a threat to life itself. Others, such as water quality and its availability, waste disposal and air pollution, are seen for the present more as regional and local issues. A problem of particular concern is the extent of the effect on health of the nuclear power reactor accident at Chernobyl, on 26 April, 1986. In both developed and developing countries, wherever nuclear power is used to produce energy, there is a risk that an accident might occur, and we can only hope that such accidents will be few and small in scale.

1. Answer the following questions:
2. Where is the number of cancer cases higher?
3. What diseases are on the rise?
4. Where and why are cardiovascular diseases on the wane?
5. What has become more prominent over the last decades?
6. What problem is of particular concern?
7. Match the word combination and its translation:

|  |  |
| --- | --- |
| 1. non-communicable disease 2. developed countries 3. mental health problem 4. environmental threats 5. nuclear power reactor | 1. угрозы окружающей среды 2. ядерный реактор 3. неинфекционная болезнь 4. развитые страны 5. проблема здоровья, связанная с умственным расстройством |

1. Open the brackets, use the correct form of the verb:
2. Blindness (to be caused) by cataract.
3. Cardiovascular diseases (to be) on the wane in developed countries.
4. Wherever nuclear power (to be used) there (to be) a risk of accident.
5. In some developed countries the incidence of lung cancer (to have decreased).
6. Translate the sentences into English:
7. В развивающихся странах процент онкологических заболеваний выше, чем в развитых странах.
8. Благодаря программе здоровья уровень сердечнососудистых болезней снижается.
9. Уровень заболеваний, связанных с употреблением алкоголя, растёт, особенно в развивающихся странах.

Unit 3.

**USEFULNESS OF YOGA (PART 1)**

NEW WORDS

spiritual – духовный

to acquire – приобретать

pursuit (syn. occupation) – занятие

bandhas exercises (syn. stretching) – упражнение на растяжку

to soothe – успокаивать

to juvenate – омолаживать

It is easy to say that one must have good health – mental, physical and spiritual – but how is one to acquire it? What we need is a system of exercises which help the all-round development of the body, mind and personality. It should also help the body resist diseases, should be capable of being practiced by men and women, children and old persons, by the healthy and by the sick. Such a system is Yoga asanas. Yoga means a spiritual union with God. The system was evolved by people of the Indus Valley civilization of the third millennium B.C. who realized the importance of a healthy body for intellectual and spiritual pursuits. That’s why they developed and perfected it. Later, around 1200 B.C., it was systematized.

Yoga exercises consist of asanas (poses), pranayama (breathing exercises) and bandhas exercises which help in exercising the muscles and the joints of the body in different combinations. Together they tone up the body by supplying the bodily organs with plenty of fresh blood, rejuvenating the ductless glands and other important internal parts, regulating the rhythm of breathing and soothing the nerves. All these help prolong life. If we add medication to these three, it will increase our power of concentration.

The body needs physical exercise sufficient in quantity and kind to keep it in working order. Lack of physical exercise often leads to several irregularities in the normal human physiology which in turn makes the person take pills.

1. Answer the following questions:
2. What helps the all-round development of the body?
3. What does Yoga mean?
4. Whom was the system evolved by?
5. What do Yoga exercises consist of?
6. What can increase our power of concentration?
7. Match the word combination and its translation:

|  |  |
| --- | --- |
| 1. good health 2. all-round development 3. spiritual union 4. physical exercise 5. fresh blood | 1. свежезаготовленная кровь 2. физическая нагрузка 3. всестороннее развитие 4. хорошее здоровье 5. духовная связь |

1. Open the brackets, use the correct form of the verb:
2. A system of exercises (to help) the all-round development of the body.
3. Yoga (to mean) a spiritual union with God.
4. Yoga exercises (to consist of) poses and breathing exercises.
5. Medication (to increase) our power of concentration.
6. Lack of physical exercise (to lead to) several irregularities in the human physiology.
7. Translate the sentences into English:
8. Каждый человек должен иметь хорошее здоровье.
9. Что может помочь всестороннему развитию организма?
10. Занятия йогой помогают тренировать мышцы и суставы тела в разных комбинациях.
11. Недостаточная активность нашего организма может вызвать некоторые функциональные расстройства.
12. Хорошее здоровье – умственное, физическое и духовное – помогает всестороннему развитию тела, ума и личности.

Unit 4.

**USEFULNESS OF YOGA (PART 2)**

NEW WORDS

agent – фактор

authority – авторитетный источник

value – ценность

gout – подагра

obesity – полнота, тучность

ailment – недомогание

It is better not to take pills than to make our bodies diseased and then take pills. One should follow the principle: “Prevention is better than cure”.

Yoga exercises, if scientifically applied, are capable of influencing the endocrine glands, just as they do the muscles, digestive organs and the respiratory, circulatory and nervous system. The Halthayoga concept of asana, that a systematic course of selected physical movements acts not only as an immunizer and a preventive factor against diseases but also as a curative agent, is now generally admitted and applied as physiotherapy by all leading medical authorities.

Asanas have been found of value in certain forms of dyspepsia, gout, obesity, high blood pressure, diabetes, neuralgia, nervous disturbances and some forms of paralysis, etc. To a practitioner of Yoga asanas colds, constipation, headaches, tiredness and other common ailments are unknown.

It is not a new thing for us that Yogis after several years of Yogic exercises can develop some supernatural properties. They can stop their hearts, remain buried in the ground or lie on nails. All this is done by developing a voluntary control over the autonomic activities of the body. If some supernormal properties can be acquired through Yoga we all must try to acquire it.

1. Answer the following questions:
2. What principle should one follow?
3. What systems are Yoga exercises capable of influencing?
4. How does a systematic course of selected physical movements act?
5. What disorders and ailments have Asanas been found of value in?
6. What supernatural properties can Yogic exercises develop?
7. Match the word combination and its translation:

|  |  |
| --- | --- |
| 1. endocrine glands 2. physical movements 3. curative agent 4. medical authorities 5. autonomic activities | 1. автономные движения 2. медицинские источники 3. физические движения 4. щитовидные железы 5. целебный фактор |

1. Open the brackets, use the correct form of the verb:
2. Yoga exercises (to be capable) of influencing different systems of the body.
3. Physical movements (to act) as a curative agents.
4. Systematic physical movements (to be applied) as physiotherapy.
5. Some supernormal properties (to be acquired) through Yoga.
6. Translate the sentences into English:
7. Мы всегда должны следовать принципу «профилактика лучше, чем лечение».
8. Занятия йогой – это профилактический и лечебный фактор против многих болезней.
9. Как правило, йоги не страдают головными болями, усталостью, запором, простудой, недомоганием.
10. Йоги могут развивать у себя сверхъестественные способности.
11. Если сверхъестественные способности можно развивать с помощью йоги, мы все должны попытаться сделать это.

Unit 5.

**HYPERTENSION**

NEW WORDS

to convince – убеждать

medication – 1) лекарственная терапия; 2) лекарственный препарат

pregnancy – беременность

hyperthyroidism – гипертериоз

unfortunately – к сожалению

to seek – обращаться за помощью

to trust – доверять

Hypertension or high blood pressure is a very common condition, affecting more than 15 percent of the adult population of North America, although half of them don’t know it. The generally accepted maximum normal reading is 140/90, although many physicians will accept somewhat higher readings in other people. One of the treatment problems of this condition is that many people who are hypertensive do not feel ill. There are no early symptoms and it is very difficult for physicians to convince patients that they have to be on medications for the rest of their lives.

In most cases it is impossible to establish a definite cause of hypertension. These cases – possibly more than two-thirds – are called primary hypertension. Other cases, or secondary hypertension, are caused by such conditions, as kidney disease, pregnancy, hyperthyroidism, or more rarely, by narrowing the aorta (the main artery from the heart). Contraceptive pills may be a factor in some women.

Other so-called risk factors are smoking, alcohol abuse, obesity, and unfortunately, family history. It is important for your physician to establish whether the condition is primary or secondary. This may include blood test, kidney and chest X-rays, electrocardiograms and possibly other tests.

Since, as stated, hypertension does not cause symptoms until complications develop, it is important for the physician to diagnose and treat early and effectively, and it is equally important for the patient to seek a physician he trusts, and follow his treatment and advice.

Treatment may consist of a regimen of stopping smoking, losing weight and/or medication. There are many effective anti-hypertensive medicines with minimal, if any, side-effects.

1. Answer the following questions:
2. What is hypertension?
3. What are the readings of normal blood pressure?
4. What conditions cause secondary hypertension?
5. What other risk factors of hypertension are mentioned in the text?
6. Why is it important to diagnose and treat hypertension early and effectively?
7. Match the word combination and its translation:

|  |  |
| --- | --- |
| 1. adult population 2. maximum readings 3. common condition 4. risk factor 5. blood test | 1. анализ крови 2. фактор риска 3. обычное состояние 4. взрослое население 5. максимальные показатели |

1. Open the brackets, use the correct form of the verb:
2. Hypertension (to affect) more than 15% of the adult population of North America.
3. These cases (to call) primary hypertension.
4. Smoking, alcohol abuse, obesity (to be) risk factors of the disease.
5. The patient (to have to) trust his doctor and (to follow) his treatment and advice.
6. Hypertension (not to cause) symptoms until complications develop?
7. Translate the sentences into English:
8. Некоторые лекарства, снижающие давление, оказывают побочные действия.
9. В большинстве случаев невозможно установить точную причину гипертонии.
10. Беременность, заболевания щитовидной железы и почек могут быть причинами вторичной гипертонии.
11. Многие люди с гипертонией не чувствуют себя больными.
12. Лечение гипертонии обычно включает строгий режим, похудение, прекращение курения, а также приём назначенных лекарств.

Unit 6.

**HIV AND AIDS AMONG NORTH AMERICAN WOMEN (PART 1)**

NEW WORDS

HIV (human immunodeficiency virus) – ВИЧ

AIDS (acquired immunodeficiency syndrome) – СПИД

cumulative – общий, накопленный

minority – меньшинство

compromise – быть подверженным риску, *зд.* составлять

route – путь

microbicide – бактерицидное средство

Women constitute the fastest growing segment of adults with AIDS in the USA, representing 18 percent of cumulative cases in 1995. AIDS is the fourth leading cause of death in American women aged 25 to 44. In several major urban areas, including New York, it is the leading cause of death of women between the ages of 25 to 44. Of particular concern is the fact that HIV infection is increasing rapidly among urban teenagers and among women who belong to ethnic and racial minority groups. Almost 75 % of women with AIDS in the USA are African American or Latina, although these two ethnic groups compromise less than 20 % of all American women.

The pattern of HIV transmission in women has changed dramatically since the beginning of the epidemic. Among American women with AIDS, injection drug use was the major primary route of infection for the first decade of the epidemic. The proportion of women infected by vaginal intercourse has, however, increased steadily, and since 1993 heterosexual transmission has become the dominant route by which women are infected with HIV.

Current data indicate that many women are unaware of the HIV status of their male sexual partners. Currently the most effective means of preventing sexual transmission of HIV among sexually active women is the use of male condoms, which is not under the control of women. There is an urgent need for the development of vaginal microbicides that can be used by women to prevent heterosexual transmission.

1. Answer the following questions:
2. What disease is the 4th leading cause of death in American women?
3. What groups of people are subject to HIV infection most of all?
4. When did the pattern of HIV transmission in women change dramatically?
5. What route of infection transmission has become dominant since 1993?
6. What do current data indicate?
7. Match the word combination and its translation:

|  |  |
| --- | --- |
| 1. ethnic group 2. urban teenagers 3. heterosexual transmission 4. injection drug use 5. sexually active women | 1. использование наркотиков в виде инъекций 2. сексуально активные женщины 3. городские подростки 4. этническая группа 5. гетеросексуальная передача |

1. Open the brackets, use the correct form of the verb:
2. AIDS (to be) the fourth leading cause of death in American women.
3. HIV infection lately (to increase) rapidly among urban teenagers.
4. Current data (to indicate) that many women (to be unaware) of the HIV status of their male sexual partners.
5. There (to be) an urgent need for the development of vaginal microbicides.
6. Translate the sentences into English:
7. В 1995 году американские женщины, заразившиеся СПИДом, составляли 18% от общего числа всех случаев.
8. Почти 75% женщин, заражённых СПИДом в США, – это женщины афро- или латиноамериканского происхождения.
9. Последние данные указывают на то, что многие американские женщины не знают, что их сексуальные партнёры ВИЧ-инфицированы.
10. В нескольких больших городах, включая Нью-Йорк, основной причиной смерти среди женщин в возрасте от 25 до 44 лет является СПИД.

Unit 7.

**HIV AND AIDS AMONG NORTH AMERICAN WOMEN (PART 2)**

NEW WORDS

microbicide – бактерицидное средство

antiretroviral therapy – антиретровирусная терапия

rejection – отторжение

fetus – плод

intrapartum – интранатальный (происходящий во время родов)

postpartum – послеродовой

opportunistic – условно-патогенный

Currently the most effective means of preventing sexual transmission of HIV among sexually active women is the use of male condoms, which is not under the control of women. There is an urgent need for the development of vaginal microbicides that can be used by women to prevent heterosexual transmission.

Early diagnosis of HIV infection in women is very important in order to provide them with the full advantages of periodic gynecological examinations, antiretroviral therapy and prophylaxis against opportunistic infections. Pregnant women are thought to be in a relatively immunosuppressed state to protect the fetus from immune rejection. This has brought concern that HIV infection may progress more rapidly during pregnancy. However, at present there are no convincing data that HIV disease progression is accelerated by pregnancy.

The majority of pediatric HIV infections are due to maternal-fetal transmission. The HIV transmission to the fetus can occur in utero, intrapartum, or postpartum. Of approximately 7,000 infants born to HIV-infected mothers each year, 1,000 to 2,000 are HIV infected. The European study reported that transmission rates were higher in vaginal deliveries compared with caesarian section deliveries. Transmission rates were also higher in vaginal deliveries with forceps, vacuum extractors, and with the use of scalp electrodes.

1. Answer the following questions:
2. What do current data indicate?
3. What is the most effective means of preventing sexual transmission of HIV?
4. Why is early diagnosis of HIV infection in women very important?
5. Are there any convincing data that HIV disease progression is accelerated by pregnancy?
6. What did the European study report?
7. Match the word combination and its translation:

|  |  |
| --- | --- |
| 1. transmission rates 2. scalp electrode 3. maternal-fetal transmission 4. heterosexual transmission 5. HIV disease progression | 1. рост ВИЧ-инфекции 2. гетеросексуальная передача 3. передача инфекции от матери к плоду 4. электрод для отведений с черепа 5. скорость передачи |

1. Open the brackets, use the correct form of the verb:
2. The majority of pediatric HIV infections (to be due to) maternal-fetal transmission.
3. The European study (to report) that transmission rates (to be) higher in vaginal deliveries.
4. HIV disease progression (to be accelerated) by pregnancy.
5. Pregnant women (to be) in a relatively immunosuppressed state to protect the fetus from infection.
6. Translate the sentences into English:
7. Скорость передачи ВИЧ-инфекции плоду наиболее высокая при вагинальных родах.
8. Во время беременности ВИЧ-инфекция может прогрессировать быстрее.
9. Ранняя диагностика ВИЧ-инфекции у женщин очень важна.
10. Большинство младенцев заражаются ВИЧ от инфицированной матери.

Unit 8.

**DISASTER EPIDEMIOLOGY**

NEW WORDS

disaster – бедствие

regardless of – невзирая на

earthquake – землетрясение

intrinsically – сами по себе

casualties – потери, ущерб

crush – раздавливание

flood – наводнение

violent – сильный

to drown – тонуть

to survive – выживать

cyclone – циклон

to cling (clung) – цепляться

to contaminate – заражать

debris – осколки, обломки

The degree to which disasters, regardless of their location, cause death and injury varies within and between disaster types. The main distinction is between earthquakes, which often cause deaths and injuries on an enormous scale, and the other types of disaster. The reason for these differences is to be found in the mechanical effects of the disasters concerned.

Earthquakes generally cause death and injury through the collapse of houses and other structures. It is no surprise that where buildings are intrinsically dangerous, even relatively slight shocks may cause large numbers of casualties. Earthquake injuries are predominantly orthopedic; crush syndrome is common after many but not all earthquakes. The ratio of deaths to injuries is generally of the order of 1:3 or higher.

Floods may cause injuries as a population relocates to higher ground but not many deaths, or where floods are violent, as in tsunami, there are many deaths but few, if any, serious injuries. An individual who is caught by the flood drowns; one who survives is generally uninjured. The great tsunami which struck Bangladesh in 1970 killed approximately 240 000 people, 14.2 percent of the population. However, injury was largely limited to cuts and bruises and occasional fractures. A “cyclone syndrome” of severe abrasions to the arms, chest and thighs where people had clung to trees was noted. Age-specific mortality showed, as might be expected, a greater mortality among children and old people, as these groups would be least able to cling trees during the hours of the cyclone.

Tornados cause both deaths and injuries, but with a very specific pattern of injuries arising from the sheer violence of the forces involved. There are many head and chest injuries with many and severe soft-tissue injuries. Tornado injuries are also frequently contaminated with debris, and secondary sepsis is a common problem with management.

A fear of epidemic after many disasters has no obvious foundation. The diseases which most often cause alarm are typhoid and cholera, the latter sometimes even in regions where it is known not to exist. On the basis of extensive documentation of the health of refugee population it may be assumed that epidemics will occur where a population is concentrated. Most mortality has followed outbreaks of measles and diarrhea.

1. Answer the following questions:
2. What does the degree of disasters vary within?
3. What do earthquakes generally cause?
4. Earthquake injuries are predominantly orthopedic, aren’t they?
5. What is a “cyclone syndrome”?
6. What injuries do tornados cause?
7. Why does the fear of epidemic after many disasters have no foundation?
8. Match the word combination and its translation:

|  |  |
| --- | --- |
| 1. disaster epidemiology 2. crush syndrome 3. age-specific mortality 4. severe soft-tissue injuries 5. large numbers of casualties | 1. большое количество жертв 2. тяжёлые повреждения мягких тканей 3. эпидемиология стихийных бедствий 4. синдром раздавления 5. смертность среди определённого возраста |

1. Open the brackets, use the correct form of the verb:
2. Earthquakes (to cause) deaths and injuries on an enormous scale.
3. Earthquake injuries (to be) orthopedic.
4. An individual who (to be caught) by the flood (to drown).
5. The great tsunami which (to strike) Bangladesh in 1970 (to kill) 240.000 people.
6. Injuries (to be limited) to cuts and bruises.
7. Translate the sentences into English:
8. Дети и пожилые люди не могли цепляться за деревья во время циклона.
9. Смертность среди определённого возраста наблюдалась после сильнейшего наводнения в Бангладеш.
10. Травмы, полученные после торнадо, обычно тяжёлые и инфицированные.
11. Развитие сепсиса как осложнения – обычное явление в таких случаях.
12. При наводнениях травмы обычно ограничиваются порезами, синяками, ссадинами и случайными переломами.

Unit 9.

**HEALTHY FOOD**

NEW WORDS

nutrient – питательное вещество

carbohydrate – углевод

protein – белок, протеин

fat – жир

to contain – содержать

to cut down on – *зд.* уменьшить приём чего-л.

saturated fat – жиры с высоким содержанием насыщенных жирных кислот

additive – добавка

fertilizer – удобрение

concern – интерес, участие, заинтересованное отношение

to cause – быть причиной, вызывать

to depend on – зависеть от

All food is made up of nutrients which our bodies use. There are different kinds of nutrients: carbohydrates, proteins, fats, vitamins and minerals. Different foods contain different nutrients.

The best way is to get into the habit of checking the ingredients and nutritional value on the sides of packets although this isn’t always easy to do. Another thing to know is, for example, that we do need fat to live, it’s an essential part of our diet and physically we couldn’t exist without it. There are fats that are good for us and fats that are bad for us. Eating less of the bad ones and more of the good ones can actually help us to live longer! Bad fats are the saturated fats, found in animal productions, like red meat, butter and cheese.

More and more people feel strongly about the way, their food is produces. Nowadays so much of the basic food we eat – meat, fish, fruit and vegetables – is grown using chemicals and additives. Although fertilizers and pesticides have greatly increased the quantity of food and helped to improve its appearance, there is a growing concern about the effects of these chemicals in the food chain. This concern has led to the growth in the demand for organically grown products.

The food we eat depends on lots of things. Taste is a big factor. Culture, religion and health also play a part in what food we eat. Advertising and social factors also have a big influence.

Finally, there are three main messages to follow for healthy eating:

1. we should eat less fat, particularly saturated fat;

2) we are to cut down on sugar and salt;

3) we must eat more fresh fruit and vegetables.

1. Answer the following questions:
2. What nutrients is all food made up of?
3. What is the best way to learn the nutritional value of the food?
4. What do we have to know about the fats?
5. Why do people want to know more about the way of food producing?
6. What concern has led to the growth in the demand for organically grown products?
7. What factors influence the food we eat?
8. Match the word combination and its translation:

|  |  |
| --- | --- |
| 1. nutritional value 2. saturated fats 3. animal productions 4. bad and good fats 5. food chain | 1. пищевая цепочка 2. вредные и полезные жиры 3. питательная ценность 4. жиры с высоким содержанием жирных кислот 5. продукты животного происхождения |

1. Open the brackets, use the correct form of the verb:
2. Different foods (to contain) different nutrients.
3. Bad fats (to find) in animal products.
4. The food we eat (to depend on) lots of things.
5. Nowadays the basic food we eat (to grow) using chemicals and additives.
6. Taste (to be) a big factor.
7. Translate the sentences into English:
8. Вся наша еда состоит из разных питательных веществ.
9. Каждый должен знать, какое количество жиров, белков и углеводов можно принимать с пищей каждый день.
10. В наших продуктах должно быть достаточное количество витаминов и минералов.
11. Чтобы повысить качество и улучшить внешний вид продуктов питания, широко используют разные удобрения и пестициды.
12. Три основных фактора влияют на здоровое питание.
13. Мы должны есть много фруктов и овощей, ограничить употребление сахара и соли, а также вредных жиров.

Unit 10.

**HIPPOCRATES – “THE FATHER OF MEDICINE”**

NEW WORDS

Hippocrates – Гиппократ [hi’päkrətēz]

to drive out – искоренять

plague – чума

to create – создавать

suitable – пригодный, подходящий

relapse – рецидив

convalescence – выздоровление

Hippocrates was born in 460 B.C. on the island of Cos. He was the son of a doctor. Hippocrates studied medicine and then he went from town to town where he practiced the art of medicine. It is known that he drove out the plague from Athens by lightning fires in the streets of the city.

Hippocrates was known as an excellent doctor and a teacher of medicine. He established medical schools in Athens and in other towns. He wrote several books and many case histories. Hippocrates taught his pupils to examine the patient very attentively and to give him quick help. He created medicine on the basis of experience. He taught that every disease was a natural process and it had natural causes. Hippocrates treated diseases by exercise, massage, salt water baths, diet and suitable medicine. He observed diseases such as pneumonia, tuberculosis and malaria and added to the medical language such words as “chronic”, “crisis”, “relapse” and “convalescence”.

Hippocrates made medicine an art, a science and a profession.

Hippocrates is the most famous of all the Greek doctors. He is often called “the father of Medicine” and some of his ideas are still important.

Doctors in many countries take the Hippocratic Oath. It is a collection of promises, written by Hippocrates, which forms the basis of the medical code of honor. The Oath of Hippocrates contains many of his basis thoughts and principles.

1. Answer the following questions:
2. When was Hippocrates born?
3. What did Hippocrates practice?
4. Why is Hippocrates considered to be an excellent doctor?
5. How is Hippocrates often called?
6. What principles does Hippocrates Oath contain?
7. Match the word combination and its translation:

|  |  |
| --- | --- |
| 1. case histories 2. natural process 3. suitable medicine 4. medical language 5. salt water bath | 1. солевые ванны 2. язык медицины 3. истории болезни 4. естественный процесс 5. подходящее лекарство |

1. Open the brackets, use the correct form of the verb:
2. Hippocrates (to be) the son of a doctor.
3. He (to teach) that every disease (to be) a natural process and it (to have) natural causes.
4. He (to be) often called “the father of medicine” and some of his ideas (to be) still important.
5. The Oath of Hippocrates (to contain) many of his basis thoughts and principles.
6. Translate the sentences into English:
7. Клятва Гиппократа – это совокупность обязательств, которые составляют основу кодекса чести врача.
8. Гиппократ сделал медицину искусством, наукой и профессией.
9. В клятве Гиппократа содержится много его великих идей, мыслей и принципов.
10. Гиппократ рассматривал болезнь как естественный процесс с определёнными причинами.
11. Гиппократ считал солевые ванны, правильное питание, массаж, физические упражнения и подходящие лекарства основными компонентами в лечении болезни.

Контрольные задания

**FOOD THAT HELPS YOU LIVE LONGER**

Dr Gary Fraser, an epidemiologist specialising in heart disease, has started to put nuts on his breakfast cereal. He and his colleagues studied the eating habits of a large religious group who neither smoke nor drink, and discovered that those who ate a small handful of nuts five times or more a week had half the risk of coronary heart disease of those who rarely ate nuts.

'Nuts, whether roasted or raw, but preferably unsalted are a good source of monounsaturated and polyunsaturated fats and vitamin E,' says Dr Fraser.

Researchers are finding out about the disease-fighting and life improving powers of everyday foods.

**§** People who live in the Mediterranean countries are, in general, impressively healthy. Some features of their cuisine - the reliance on fresh fruits, vegetables and whole grains, for instance, are all part of a healthy diet. But others aren't. For example, there is the 'French paradox'. The French eat as much saturated fat as the English, but the death rate from heart disease for French men is only about 30% of that for English men. Some researchers say this protection from heart disease is largely because of wine. In southwestern France, the average man drinks two to three glasses of wine, mostly red, every day with meals. Most epidemiologists accept that moderate alcohol consumption - around two drinks a day - probably has a protective effect on the heart. But too much is obviously bad for you. **§**

When many people think of Mediterranean cuisine, they immediately picture garlic and onions. Modern science is finding surprising medicinal powers in these. They contain many sulphur compounds which kill bacteria, fungi and viruses. Garlic also thins the blood, which may be good for reducing the risk of heart disease.

In Japan, green tea is a popular drink. Research done on mice showed that green tea reduced the incidence of certain types of cancer. The proportion of Japanese men who smoke is double that of British men, but they only have about half the lung cancer mortality. Perhaps the tea helps to explain why.

Scientists were surprised when they started studying the health of Eskimos in Greenland. They eat vast quantities of fat, but they have very low death rates from heart disease. One reason is that the Eskimo diet includes a great deal of fish - salmon, mackerel, herring and others - rich in fish oils. These oils appear to thin the blood, reduce inflammation and may protect against colon cancer.

'We have lots to learn about the foods that nourish and heal our bodies,' says nutrition researcher Herbert Pierson, 'but we have a responsibility to select foods with our brains as well as our taste buds’.

1. Переведите отмеченный значком § отрывок на русский язык.
2. Найдите английские эквиваленты к следующим русским словосочетаниям:

- привычки в еде;

- заболевание коронарных сосудов;

- повседневная еда, повышающая жизненный тонус организма;

- здоровая пища;

- смертность вследствие болезни сердца;

- лечебные свойства чеснока и лука;

- богатые рыбьим жиром;

- смертность вследствие рака лёгких;

- выбирать пищу не только по вкусовым качествам, но и сознательно.

3) Составьте краткое резюме (7-8 предложений) к тексту.

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